CLAIMS:

- 1. A playback apparatus for playing back a data file recorded in a distributed manner on an information recording medium, said playback apparatus comprising:
- specification means for specifying a data file to be played back;

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storage means for reading and storing a first table recorded on said information recording medium;

generation means for generating, based on said first table recorded by said storage means, a second table in which unit recording area addresses of said information recording medium, which are used to record said data file specified by said specification means, are recorded in the forward direction;

holding means for holding said second table generated by said generation means;

reading means for reading said data from said information recording medium in accordance with said specified unit recording area addresses; and

- indication means for indicating, to said reading means, said unit recording area addresses to be read by referring to said second table held by said holding means.
- 2. The playback apparatus according to Claim 1, wherein, during normal playback, said indication means reads said unit recording area addresses, which are recorded in said

second table, one-by-one in the forward direction, and indicates the unit recording area addresses to said reading means.

- 3. The playback apparatus according to Claim 1, wherein, during fast forward playback, said indication means reads said unit recording area addresses recorded in said second table every predetermined number of the unit recording area addresses in the forward direction, and indicates the unit recording area addresses to said reading means.
- 4. The playback apparatus according to Claim 1, wherein, during fast backward playback, said indication means reads said unit recording area addresses recorded in said second table every predetermined number of the unit recording area addresses in the reverse direction, and indicates the unit recording area addresses to said reading means.
 - 5. A playback method for use with a playback apparatus for playing back a data file recorded in a distributed manner on an information recording medium, said playback method comprising:
- a specification step of specifying a data file to be played back;
 - a storage step of reading and storing a first table recorded on said information recording medium;
- a generation step of generating, based on said first

 25 table recorded in said storage step, a second table in which

unit recording area addresses of said information recording medium, which are used to record said data file specified in said specification step, are recorded in the forward direction:

- a holding step of holding said second table generated in said generation step;
 - a reading step of reading said data from said information recording medium in accordance with said specified unit recording area addresses; and

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- an indication step of indicating, to said reading step, said unit recording area addresses to be read by referring to said second table held in said holding step.
 - 6. A recording medium having recorded thereon a computerreadable program for use with a playback apparatus for
 playing back a data file recorded in a distributed manner on
 an information recording medium, said program comprising:
 - a storage step of reading and storing a first table recorded on said information recording medium;
- a generation step of generating, based on said first

 table recorded in said storage step, a second table in which
 unit recording area addresses of said information recording
 medium, which are used to record said data file specified in
 said specification step, are recorded in the forward
 direction;
- a holding step of holding said second table generated

in said generation step;

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- a reading step of reading said data from said information recording medium in accordance with said specified unit recording area addresses; and
- an indication step of indicating, to said reading step, said unit recording area addresses to be read by referring to said second table held in said holding step.
- 7. A program for enabling a computer for controlling a playback apparatus for playing back a data file recorded in a distributed manner on an information recording medium to perform processing comprising:
- a storage step of reading and storing a first table recorded on said information recording medium;
- a generation step of generating, based on said first

 table recorded in said storage step, a second table in which
 unit recording area addresses of said information recording
 medium, which are used to record said data file specified in
 said specification step, are recorded in the forward
 direction:
- a holding step of holding said second table generated in said generation step;
 - a reading step of reading said data from said information recording medium in accordance with said specified unit recording area addresses; and
- an indication step of indicating, to said reading step,

said unit recording area addresses to be read by referring to said second table held in said holding step.